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Assistance/Services

General Information and Referral

United Way 211		Just dial 2-1-1 or 407-7066
Eldercare Locator	(National)	800-677-1116

Elder Abuse and Protection

AARP Elderwatch (elder fraud assistance)		800-222-4444 (Option 2)
Adult Protective Services, Larimer County Department of Human Services		498-7770
Alternatives To Violence (domestic violence and sexual assault)		669-5150
Crossroads Safehouse (domestic violence)		482-3502
Long Term Care Ombudsman, Larimer County Office on Aging		498-7754
SAVA 24-Hour Rape Crisis Hotline (emergency only)		472-4200
Sexual Assault Victim Advocate Center (SAVA)		472-4204

Emergency Telephone Numbers

For Emergency Dial 911

Animal Control/Humane Society of Larimer County		226-3647
Berthoud Police Department		532-2611
Colorado Road Conditions		877-315-7623
Colorado State Patrol		224-3027
Colorado State University Police Department		491-6425
Estes Park Police Department		586-4000
Fort Collins Police Department		221-6540
Larimer County Sheriff's Office		498-5100
Loveland Police Department		667-2151
McKee Medical Center Emergency Room		635-4071
Medical Center of the Rockies Emergency Room		624-1600
Poudre Valley Hospital Emergency Room		495-8020
Suicide Hotline		800-273-8255

Income Tax Filing Assistance

IRS (Internal Revenue Service—information only)	800-829-1040
Volunteer Income Tax Assistance (VITA) (year-round assistance available)	Just dial 2-1-1 or 407-7066

Legal Services

Colorado Legal Services	493-2891
Fort Collins Senior Center (members only - first Thursday of each month by appointment)	221-6644
Larimer County Bar Association (pro bono clinics)	402-2075
Senior Law Project, Wallace & Kling, P.C.	221-5602

Pet Care

Elder Pet Care (veterinary services)	493-2657
Fort Collins Spay/Neuter (low cost spay and neuter)	484-1861
Prevent Unwanted Pets (PUP) (spay and neuter assistance)	229-0717

Transportation

Berthoud Area Transportation Service (BATS)	(Berthoud)	532-3049
City of Loveland Transit (COLT)	(Loveland)	962-2700
Dial-A-Ride	(Fort Collins)	224-6066
The Larimer Lift (serves North Larimer County)		498-7541
SAINT (Senior Alternatives in Transportation)	(Fort Collins)	223-8645
	(Loveland)	223-8653
Special Transit	(Estes Park)	888-647-9768
Transfort (Fort Collins bus system)	(Fort Collins)	221-6620

Veterans Services

Larimer County Veterans Services	498-7390
VA Medical Clinic	224-1550

Protect Yourself from Identity Theft

To protect yourself from identity theft, monitor your credit history. You are entitled by law to one free yearly credit report from each of the three nationwide consumer credit reporting companies (Equifax, Experian, and TransUnion). To request your free report call 1-877-322-8228, or use the website www.annualcreditreport.com, or write to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, Georgia, 30348.

Community Involvement

Employment

Catholic Charities Northern, Rocky Mountain SER (Senior Employment Resource)		484-5010
Colorado Division of Vocational Rehabilitation		223-9823
Disabled Resource Services (persons with disabilities only)	(Fort Collins) (Loveland)	482-2700 667-0816
Larimer County Workforce Center	(Fort Collins) (Loveland)	498-6600 667-4261

Senior Centers

Bellvue Senior Center	(Bellvue)	482-0406
Berthoud Community Senior Center	(Berthoud)	532-2730
Chilson Senior Center	(Loveland)	962-2783
Estes Park Senior Center	(Estes Park)	586-2996
Fort Collins Senior Center	(Fort Collins)	221-6644
Los Ancianos Unidos (Northside Aztlan Community Center)	(Fort Collins)	221-6655
Wellington Senior Resource Center	(Wellington)	568-7402

Senior Clubs/Organizations

AARP (American Association of Retired Persons)	(Colorado) (National)	866-554-5376 888-687-2277
OGLBT (Older Gay Lesbian Bisexual Transgender)		224-6029
PVHS Senior Services/Aspen Club	(Fort Collins) (Loveland)	495-8560 624-1860
The Seasons Club at McKee Medical Center		635-4097

Senior Tax Work-Off Programs

Larimer County Office on Aging		498-7759
Poudre School District	(Fort Collins)	490-3208
Thompson R2J School District	(Loveland)	613-5072

Can't find what you are looking for?
Call United Way 211
Just dial **2-1-1** or 407-7066

Volunteer Opportunities

United Way 211 Volunteer Center	Just dial 2-1-1 or 407-7066
Volunteers of America Foster Grandparent Program RSVP (Retired and Senior Volunteer Program)	472-9630

Financial Assistance

Financial Assistance Agencies/Foundations

Catholic Charities Northern (emergency utility shut-off assistance)		484-5010
Consumer Credit Counseling Services		229-0695
Crossroads Ministry of Estes Park (emergency assistance)	(Estes Park)	577-0610
House of Neighborly Service (emergency assistance)	(Loveland)	667-4939
Neighbor to Neighbor		484-7498
Salvation Army		207-4473

Foundations

A.V. Hunter Trust (applications must be through an agency/3rd party professional)	303-399-5450
Foundation on Aging (emergency assistance)	498-6810
Friends of Man (applications must be through an agency/3rd party professional)	303-798-2342

Financial Assistance Programs

Colorado Low Income Telephone Assistance Program		800-782-0721
Larimer County Department of Human Services (Medicaid, Old Age Pension, Food Stamps, Medicare Savings Programs)		498-6300
LEAP (Low Income Energy Assistance Program)	(November – April)	498-7730
LEAP Helpline		866-432-8435
Social Security/Supplemental Security Income	(Local) (National)	482-7354 800-772-1213

Tax Rebate Programs

City of Fort Collins Rebate Program (utilities, property, & food sales tax)	416-2304
City of Loveland Food Sales Tax Rebate Program	962-2361
Colorado Property Tax/Rent/Heat Rebate Program	303-238-7378

General Health

Flu Shots

Health District of Northern Larimer County		224-5209
	(Fort Collins)	498-6700
Larimer County Health Department	(Loveland)	679-4580
	(Estes Park)	577-2050
McKee Wellness Services	(Loveland)	593-6074
PVHS Senior Services/Aspen Club	(Fort Collins)	495-8560
	(Loveland)	624-1860
RVNA (Rehabilitation & Visiting Nurse Association)		225-9399

Health Promotion and Wellness

Colorado Women's Wellness Cancer Control Initiative		866-951-9355
CSU Adult Fitness Program		491-5081
CSU/Larimer County Cooperative Extension		498-6000
Health District of Northern Larimer County		224-5209
Larimer County Health Department		498-6700
Lifestyle Centre		494-6446
McKee Heart Watchers		635-4025
PVHS Senior Services/Aspen Club	(Fort Collins)	495-8560
	(Loveland)	624-1860
The Seasons Club at McKee Medical Center		635-4097
Su Familia (Hispanic Family Health Hotline)	(National)	866-783-2645
Wellspring Resource Library (McKee Medical Center)		635-4048
Women's Resource Center		484-1902

Hearing

Hear Now (hearing aid financial assistance)		800-648-4327
Larimer County Hearing Aid Bank		221-0743
(program to provide low cost hearing aids; income guidelines apply)		
Speech-Language Pathology and Audiology Clinic at University of Northern Colorado	(Greeley)	351-2012

Hospitals and Clinics

Estes Park Medical Center	(Estes Park)	586-2317
McKee Medical Center	(Loveland)	669-4640
Medical Center of the Rockies	(Loveland)	624-2500
Mountain Crest Behavioral Healthcare Center	(Fort Collins)	207-4800
Northern Colorado Rehabilitation Hospital	(Johnstown)	619-3400
Poudre Valley Hospital	(Fort Collins)	495-7000
Salud Family Health Center	(Fort Collins) (Estes Park)	494-4040 586-9230
Sunrise Loveland Community Health Center	(Loveland)	669-4855
VA Medical Clinic	(Fort Collins)	224-1550

Medical Equipment Loan Programs

Christ Center Community Church Outreach Center		223-4442
Disabled Resource Services (rentals)	(Fort Collins) (Loveland)	482-2700 667-0816
Quota Club of Estes Park	(Estes Park)	586-2035 or 586-6655
Rocky Mountain Medical Outfitting & Recycling		266-8190
Veterans of Foreign Wars Auxiliary	(Loveland)	667-4722

Mental Health and Counseling

Aging Center of the Rockies		631-7133
Centennial Peaks Hospital		303-673-9990
Connections (mental health and substance abuse resources)		221-5551
Hospice & Palliative Care of Northern Colorado (bereavement and grief)		663-1714
	(Fort Collins)	494-4300
Larimer Center for Mental Health	(Loveland) (Estes Park)	494-9870 586-9105
	after hour emergencies	221-2114
Loveland Counseling Connections (information and referral)		461-8944
Mountain Crest Behavioral Healthcare Center		207-4800
Pathways Hospice (bereavement and grief)		663-3500
Psychological Services Center (CSU)		491-5212
Suicide Resource Center		635-9301
Vet Center (for veterans)		221-5176

Vision

Audio Information Network of Colorado (formerly Radio Reading Service of the Rockies)		877-443-2001
Colorado Division of Vocational Rehabilitation		223-9823
Colorado Talking Books Library		800-685-2136
Disabled Resource Services (support services for low vision/blind)		407-7095 ext. 328
Ensign Skills Center, Inc.		407-9999
Eye Care America		800-222-3937
Lions Club of Fort Collins (eyeglasses program)	(Fort Collins)	377-2282
Lions Club of Loveland (eyeglasses program)	(Loveland)	622-0289
Salud Clinic (Lions Club of Estes eyeglasses program)	(Estes Park)	586-9230

Housing Information

Estate Liquidation/Moving Assistance

Kid Gloves		449-2309
Lone Pine Estate Services, LLC		224-2637
Moving Solutions		667-4545

Home Improvements

Foundation on Aging (carbon monoxide detectors)		498-6810
Larimer County Home Improvement Program (Loveland Housing Authority)		635-5931
Longs Peak Energy Conservation (weatherization)		800-200-9006
Loveland Snow Squad (volunteer snow removal—must apply in advance)		962-2376
Poudre Fire Authority (smoke detectors and fire safety information)		221-6570
Rural Development Loan/Grant Program (RD)		356-8097 ext. 4
Volunteers of America Handyman Program (home safety check and minor improvements only)		472-9630

Can't find what you are looking for?

Just dial 2-1-1

or 407-7066

to speak with a trained Information & Referral Specialist

Housing Information and Assistance

United Way 211		Just dial 2-1-1
Call for a full listing of long term care facilities, independent facilities and subsidized housing in Larimer County or go to: www.larimer.org/seniors		or 407-7066
Consumer Credit Counseling (housing and reverse mortgage counseling)		229-0695
Estes Park Housing Authority		577-3730
Fort Collins Housing Authority		416-2910
Loveland Housing Authority		667-3232
Neighbor to Neighbor (housing and reverse mortgage counseling)	(Fort Collins)	484-7498
	(Loveland)	663-4163
Neighborhood Services Office (landlord/tenant mediation)	(Fort Collins)	224-6022

Shelters/Temporary Housing

Catholic Charities Northern/The Mission		484-5010 or 493-0141 after 7p.m.
House of Neighborly Service		667-4939
Open Door Mission		224-4302

Foundation on Aging

The Foundation on Aging for Larimer County aims to bring about community awareness of the unmet needs of older adults; and to act as a catalyst for addressing such needs through collaboration that seeks innovative, funded solutions that result in healthy, happy and enriched lives for us all.

For more information about the Foundation on Aging for Larimer County as well as information on a variety of aging issues, go to:

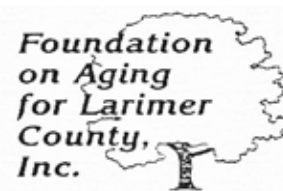
www.foundationonagingforlarimer.org

The Foundation on Aging for Larimer County welcomes your input. You may contact us by email (our preference), by phone or by mail.

Email to: bshetler@foundationonagingforlarimer.org.

Mailing address: Foundation on Aging
P. O. Box 288
Fort Collins, CO 80522

Telephone number: 970-498-6810



Housing Options

Assisted Living Residences

Assisted Living Residences are designed for individuals who require help with activities of daily living, but do not need the skilled medical care provided in a nursing facility. Care is provided 24-hours-a-day, seven-days-a-week, in a way that promotes maximum independence and dignity for each resident.

Apple Leaf Assisted Living	(Berthoud)	532-2600
Arbours at MacKenzie Place	(Fort Collins)	207-1939
Barlow Assisted Living	(Fort Collins)	482-1119
Clare Bridge Cottage of Fort Collins	(Fort Collins)	266-0700
Collinwood Assisted Living	(Fort Collins)	223-3552
Colorado Assisted Living at Ptarmigan Run	(Loveland)	593-0102
The Courtyard of Loveland	(Loveland)	667-3342
Eagles Nest Assisted Living	(Fort Collins)	493-1073
Estes Park Good Samaritan Village	(Estes Park)	577-7700
Fort Collins Good Samaritan Retirement Village	(Fort Collins)	226-4909
Garden Square at Spring Creek	(Fort Collins)	494-3276
Good Samaritan Village Society—Loveland	(Loveland)	669-3100
Heritage Haus	(Loveland)	669-5616
The Joneses Assisted Living	(Loveland)	663-2226
Lakeview Commons	(Loveland)	278-4000
Loveland House Assisted Living	(Loveland)	663-2223
Meadowlark Assisted Living	(Fort Collins)	221-3707
New Mercer Commons	(Fort Collins)	495-1000
Park Regency Senior Living	(Loveland)	461-1100
Primrose Place	(Loveland)	667-5962
The Residence at Oakridge	(Fort Collins)	229-5800
Shamrock Manor	(Fort Collins)	224-1400
Sterling House at the Orchards	(Loveland)	622-0012
Sterling House of Fort Collins	(Fort Collins)	229-9777
Sterling House of Loveland	(Loveland)	667-9500
Terry Lake Assisted Living	(Fort Collins)	221-3707
Turnberry Place Assisted Living	(Fort Collins)	482-2215
Wellington Assisted Living	(Wellington)	568-7199

Larimer County Office on Aging Long Term Care Ombudsman: (Resident Advocate)



What is a Long Term Care Ombudsman?

- An advocate concerned with protecting the civil and human rights of persons in nursing homes and assisted living facilities
- A problem solver and mediator
- A resource and educator about long term care
- An objective investigator for concerns and complaints in long term care facilities

To contact your local ombudsman call:
498-7754 or 498-7753

Nursing Facilities

Nursing facilities are designed to provide 24-hour nursing care for those needing assistance due to a chronic illness, disabling injury or for short-term rehabilitation. Some facilities have specialized units for individuals with Alzheimer's disease and other forms of dementia.

Berthoud Living Center	(Berthoud)	532-2683
Centre Avenue Health & Rehab	(Fort Collins)	494-2140
Columbine West Health & Rehab	(Fort Collins)	221-2273
Fort Collins Health Care Center	(Fort Collins)	482-7925
Golden Peaks Nursing Care & Rehab Center	(Fort Collins)	482-2525
Good Samaritan Society—Fort Collins Village	(Fort Collins)	226-4909
Good Samaritan Society —Loveland Village	(Loveland)	669-3100
Lemay Avenue Health & Rehab	(Fort Collins)	482-1584
North Shore Health & Rehab	(Loveland)	667-6111
Prospect Park Living Center	(Estes Park)	586-8103
Rehabilitation & Nursing Center of the Rockies	(Fort Collins)	484-7981
Sierra Vista Health Care Center	(Loveland)	669-0345
Spring Creek Health Care Center	(Fort Collins)	482-5712

Independent Living Facilities

Independent living facilities offer a community lifestyle with additional benefits including meals and planned recreation activities. The cost of these facilities generally ranges from \$1,500-\$4,000 per month.

Collinwood Assisted Living	(Fort Collins)	223-3552
Estes Park Good Samaritan Village	(Estes Park)	577-7700
Good Samaritan Society—Fort Collins Village	(Fort Collins)	226-4909
Good Samaritan Society—Loveland Village	(Loveland)	669-3100
The Hillcrest	(Loveland)	593-9800
MacKenzie Place	(Fort Collins)	207-1939
Park Regency Senior Living Apartments	(Loveland)	461-1100
Parkwood Estates Retirement Residence	(Fort Collins)	482-3924
Rigden Farm Senior Living	(Fort Collins)	224-2700
Sterling House at the Orchards	(Loveland)	622-0012
Sugar Valley Estates	(Loveland)	669-2317
The Wexford	(Loveland)	667-1900
The Winslow	(Fort Collins)	492-6200
The Worthington	(Fort Collins)	490-1000

Senior Apartments (with income guidelines)

Big Thompson Manor I & II	(Loveland)	667-4195
CARE Housing	(Fort Collins)	282-7522
DMA Plaza Apartments	(Fort Collins)	493-7727
Hamilton Park Apartments I & II	(Berthoud)	532-3725
Harvest Pointe	(Loveland)	622-9907
Oakbrook I	(Fort Collins)	226-5060
Oakbrook II	(Fort Collins)	223-1356
Reflections Senior Apartments	(Fort Collins)	225-3711
The Sanctuary	(Fort Collins)	225-2116
Trail Ridge Apartments	(Estes Park)	586-0216
The Willows (Neighbor to Neighbor)	(Fort Collins)	484-7498
Woodbridge Senior Apartment Homes	(Fort Collins)	472-1703
Estes Park Housing Authority		577-3730
Fort Collins Housing Authority (Northern Hotel, The Villages, and Wellington)		416-2910
Loveland Housing Authority (Maple Terrace, Mirasol Senior Living, Silver Leaf I & II)		667-3232

Nutrition

Community Lunch Programs

Berthoud Lunch Bunch	532-2730
Estes Park Senior Center	586-2996
Volunteers of America Senior Dining Centers	472-9630

Volunteers of America Senior Dining Centers

Fort Collins

Community of Christ Church	Wed, Fri
Fort Collins Senior Center	Mon, Tues, Thurs, Fri
Northside Aztlan Center	Tues, Wed, Thurs
Oakbrook I Apartments	Mon, Wed, Fri
Oakbrook II Apartments	Tues, Wed, Thurs
The Sanctuary	Wed
Shepherd of the Hills Lutheran Church	Tues

Loveland

Chilson Senior Center	Mon, Tues, Thurs, Fri
Silverleaf I Apartments	Mon, Fri
Silverleaf II Apartments	Tues, Thurs

Bellvue and Wellington

Bellvue Senior Center	Mon, Thurs
Wellington Senior Center	Mon, Wed, Fri

For more information and reservations, call **472-9630**.

Meals on Wheels

Estes Park Meals on Wheels	586-2996
Fort Collins Meals on Wheels	484-6325
Loveland Meals on Wheels	667-0311
Volunteers of America Meals on Wheels	472-9630

Food

Christ Center Community Church Outreach Center		223-4442
Crossroads Ministry of Estes Park (food boxes)	(Estes Park)	577-0610
Food Bank for Larimer County	(Fort Collins)	493-4477
	(Loveland)	744-4600
Food Share America		800-933-7427
Food Stamps, Larimer County Department of Human Services		498-6300
Hospitality Center and Kitchen (Catholic Charities Northern)		493-0141
House of Neighborly Service	(Loveland)	667-4939
Open Door Mission	(Fort Collins)	224-4302
Salvation Army (food boxes)		207-4473

Grocery Shopping Assistance

City of Loveland Transit (COLT)	(Loveland)	962-2700
Country Supermarket	(Estes Park)	586-2702
King Soopers Home Shop Delivery Service		800-677-5464
Volunteers of America Grocery Shopper Program		472-9630

Paying For Healthcare

Dental Assistance

Donated Dental Services		800-466-8129
Family Dental Clinic (Health District of Northern Larimer County)		416-5331
Sunrise Loveland Dental (Loveland Community Health Center)		461-8942
Women's Resource Center (women only)		484-1902

Health Insurance Counseling

PVHS Senior Services/Aspen Club (Medicare counseling)	(Fort Collins)	495-8560
	(Loveland)	624-1860
Senior Health Insurance Assistance Program		800-544-9181
		303-899-5151
The Seasons Club at McKee Medical Center		635-4097

Medicaid

Larimer County Department of Human Services	498-6300
Larimer County Options for Long Term Care (Home and Community Based Services)	498-7780
Medicaid Benefits Helper at Elderhaus (application assistance)	402-5080

Medicare

Medicare	800-633-4227
Social Security Office (Medicare application)	(Local) 482-7354 (National) 800-772-1213

Prescription Assistance

Catholic Charities Northern	493-0141
Crossroads Ministry of Estes Park	(Estes Park) 577-0610
House of Neighborly Service	(Loveland) 667-4939
McKee Prescription Assistance Program	635-4017
Prescription Assistance Program (Health District of Northern Larimer County)	416-6519
Sunrise Loveland Community Health Center	669-4855
VA Prescription Assistance Program (Cheyenne VA Medical Center)	888-483-9127

Medicare vs. Medicaid

Medicare

- Health insurance program for people age 65+ and some people under age 65 with disabilities.
- Medicare has four parts: Part A (Hospital Insurance), Part B (Medical Insurance), Part C (Medicare Advantage) and Part D (Prescription Assistance).
- Medicare does not cover extended in-home care needs or long term nursing facility care.

For more information call 482-7354

Medicaid

- Provides medical assistance for certain individuals and families with **low incomes and limited resources**.
- Can pay for nursing facility care and can provide assistance with assisted living and in-home care.
- Although the Federal government establishes general guidelines, program requirements are established by each state.

For more information call 498-6300

Supportive Services

Adult Day Programs

Clare Bridge Cottage of Fort Collins (memory care only)	266-0700
Elderhaus Adult Day Programs	221-0406
Stepping Stones Adult Day Program	669-7069

Case Management

These agencies provide assistance and guidance in coordinating long term care, in-home care, or other services based on a needs assessment and an individualized care plan.

No cost

Catholic Charities Northern Senior Outreach	(Fort Collins) (Loveland)	484-5010 663-1880
Disabled Resource Services	(Fort Collins) (Loveland)	482-2700 667-0816
Larimer County ARCH (Adult Resources for Care and Help) (for adults age 60+ or 18+ with a disability, needing help accessing long term care services)		498-7757
Larimer County Options for Long Term Care (for people accessing Medicaid long term care services)		498-7780
Patient Navigator Program (cancer patients only)		297-6165
Poudre Valley Health System Community Case Management (PVHS clients only)		495-8554

Private pay

American Elder Advocates	744-4526
Consultants for Aging Families	498-0730
Forget-Me-Not Senior Services, LLC	218-8785
Legacy Services, LLC	672-0888
Peggy Haller, MA, MGS	493-0895
Seniors in Transition, LLC	204-6977



Adult Resources for Care and Help

Provides information, referral, and short term case management to people who need assistance in accessing long term care services.

- For people age 60 and over or 18 and over with a disability
- For those needing information on or access to long term care services

To contact the **Larimer County ARCH program**, call **498-7757**

Family Caregiver Support

Alzheimer's Association Rocky Mountain Chapter	472-9798
Alzheimer's Association 24/7 Contact Helpline	800-272-3900
Family Caregiver Support Program (Larimer County Office on Aging)	498-7758
Volunteers of America Caring Companion Program (volunteer respite care)	472-9630

Home Health Care Agencies (Medicare and Medicaid certified)

Home health care agencies provide in home care services staffed by nurses, nurse's aides, personal care providers, and homemakers. The cost of home health will vary depending on the level of care needed. Home health care may be covered by Medicare for a brief time after hospitalization. Other sources of funding include Medicaid, private pay, long term care insurance, or Older Americans Act funds.

Advanced Home Healthcare	493-8500
Banner Home Care/McKee Medical Center	669-4435
Caring Hearts Home Health Care	378-1409 or 800-466-3887
Columbine Poudre Home Care	482-5096
Estes Park Home Care and Hospice	586-2273
Evergreen Home Healthcare	416-6481
Good Samaritan Society Colorado Home Care	226-1503
Icon Home Health	223-2702
Interim Health Care	472-4180
Mountain Valley Home Health Care and Hospice	346-9700
Pathways Hospice	663-3500
Preferred Home Health Services	776-1970
RVNA (Rehabilitation & Visiting Nurse Association)	225-9399

Hospice

Estes Park Home Care and Hospice	586-2273
Front Range Hospice	303-957-3101
Hospice & Palliative Care of Northern Colorado Inc.	663-1714
Mountain Valley Home Health Care and Hospice	346-9700
Pathways Hospice	663-3500

Can't find what you are looking for?

Call United Way 211

Just dial 2-1-1 or 407-7066

Non-Medical Home Care Agencies

Non-Medical Home Care Agencies provide personal care services and companionship services. Services may include companionship, light housekeeping, meal preparation, laundry, errands, shopping, and assistance with showering, bathing, transferring and hygiene management.

Aegin Place		313-3291
Angel Care (Mountain Home Health Care)		352-4124
BrightStar Healthcare		232-3329
Caring Hands	(Estes Park)	586-3118
Caring Solutions, LLC		667-4545
Comfort Keepers		674-0800
Family Care Connection		223-9026
FamilyLinks		461-8906
Good Samaritan Care Companions	(Fort Collins)	226-4909
	(Loveland)	624-5468
Home Instead Senior Care		494-0289
Homewatch CareGivers		674-9723
Interim HomeStyle Services		472-4182
JOY Personal Care		266-1507
Pinnacle Home Care		980-1857 or 988-6346
Right at Home		494-1111
Senior Feet, LLC		420-8334
Senior Helpers		667-6400
Visiting Angels		292-5668

Larimer County Caregiver Coalition

A coalition seeking to promote the health and well-being of family caregivers by working collaboratively to provide support, resources, education and advocacy

If you are a family caregiver, health care professional, service provider, member of a faith community, or a friend or neighbor of a caregiver and would like more information about the activities of the Larimer County Caregiver Coalition

Please contact:

Caregiver Support Program Coordinator, Larimer County Office on Aging,
(970) 498-7758, or email at lmcgowan@larimer.org

This Coalition is in part funded by Healthy Aging which is a statewide initiative of The Colorado Trust.

Personal Emergency Response Systems

Argus of Colorado, Inc	303-322-4100
Banner Lifeline	669-0959
Caring Solutions 24/7 Alert	667-4545
CLR Medical and Security Systems, Inc	877-813-8310
Gold Eagle Systems	303-770-2227
Guardian Medical Monitoring	866-885-5600
Interim Health Care	472-4180
LifeFone	800-882-2280
Life Response	800-921-2008
LifeStation	800-884-8888
Mountain Home Medical, Inc.	866-686-7504
Mountain Valley Home Health Care and Hospice	346-9700
Phillips Lifeline	800-543-3546

Health Promotion Programs Sponsored by the Office on Aging

A Matter of Balance

A Matter of Balance is a program designed to improve your strength and balance. It has also been proven to decrease fear of falling and increase activity levels. The program consists of eight 2 hour classes.

For more information on how to sign up and when/where classes are in your area, call The Seasons Club in Loveland at 635-4097 or the Aspen Club in Fort Collins at 495-8560.

Healthier Living: Self-Management for Chronic Health Conditions

Living with chronic health concerns can be challenging. Chronic conditions can include heart disease, arthritis, diabetes, asthma, bronchitis, emphysema, cancer or any type of ongoing health condition. The Healthier Living program is comprised of six 2.5 hour classes.

The program is FREE; however, participants must be 60 years old or better. For more information and to reserve a space, please call Volunteers of America at 472-9630.

Powerful Tools for Caregivers

This program is designed to help you take care of yourself while caring for a relative or friend. As family caregivers you will learn tools to increase your self-care and confidence. The program consists of six 2.5 hour classes.

The program is FREE; class participants also receive a copy of The Caregiver Helpbook. For more information on class locations and times, please call the Family Caregiver Support Program at 498-7758.

Helpful Information

Disease Specific Information and Support

Alcoholics Anonymous (AA)	224-3552
ALS Association Rocky Mountain Chapter	303-832-2322
Alzheimer's Association Rocky Mountain Chapter	472-9798
Alzheimer's Association 24/7 Contact Helpline	800-272-3900
American Cancer Society—Local Chapter	350-5016
American Council of the Blind	800-424-8666
American Diabetes Association	720-855-1102
American Heart/Stroke Association—Colorado Chapter	303-369-5433
American Lung Association—Colorado Chapter	303-388-4327
Arthritis Foundation—Rocky Mountain Chapter	303-756-8622
Parkinson Association of the Rockies	303-830-1839
Larimer County Parkinson Support Group	(Fort Collins) 223-8242 (Loveland) 663-9534
National Multiple Sclerosis Society—Northern Colorado Chapter	482-5016
National Osteoporosis Foundation	800-231-4222
National Stroke Association	800-787-6537
Rocky Mountain Stroke Association	303-730-8800
Life After Stroke Support Group	493-6667
United Ostomy Associations of America, Inc.	800-826-0826

Special Needs Registry

www.larimer.org/apps/specialneeds/

The Larimer County Special Needs Registry is a database containing information about individuals in Larimer County with special needs who may require assistance in the event of a disaster. The information may also be used to assist emergency personnel and volunteers in providing assistance. Participation in the Special Needs Registry is voluntary, there is no cost and the information you enter is protected.

You may register at www.larimer.org/apps/specialneeds/

If you do not have computer access, or you need assistance completing the application, call United Way 2-1-1 by dialing 2-1-1 or 970-407-7066.

Local Websites

Center on Aging	www.coa.caahs.colostate.edu
Colorado Department of Public Health Health Facilities Licensing	www.cdphe.state.co.us/hf/index.html
Colorado Gerontological Society and Senior Answers & Services	www.senioranswers.org
Elder Care Network	www.eldercarenet.org
Foundation on Aging for Larimer County	www.foundationonagingforlarimer.org
HealthInfoSource.com	www.healthinfosource.com
Lambda Community Center	www.lambdacenter.org/oglb.html
Larimer County Office on Aging	www.larimer.org/seniors
Mountain States Better Business Bureau	www.wynco.bbb.org
United Way 211	www.firstcall211.org

National Websites

AARP (includes information on preventing identity theft)	www.aarp.org
Access to Benefits Coalition	www.accesstobenefits.org
Administration on Aging	www.aoa.gov
Benefits Checkup	www.benefitscheckup.org
Center for Medicare & Medicaid Services	www.cms.hhs.gov
Eldercare Locator	www.eldercare.gov
Medicare	www.medicare.gov
National Council on Aging	www.ncoa.org
National Institute on Aging	www.nia.nih.gov
Social Security Administration	www.ssa.gov

If We Can't Reach You ... We Can't Alert You.

The **Larimer Emergency Telephone Authority (LETA)** has implemented a new enhanced emergency notification system. This system allows us to **CALL YOU** to alert you to an emergency in your area. With our new system you can enter your cell phones, a text device, email address, fax number, or work phone number. There is no cost to you for this service and the information you enter is protected. For more information, go to www.leta911.org.

Center on Aging
College of Applied Human Sciences
Colorado State University

⊠ **Research** ⊠ **Education** ⊠ **Outreach** ⊠

Since 2000, the Center on Aging at Colorado State University has strived to improve the lives of older adults and their families in the state of Colorado through research, education, and outreach. To learn more about the Center on Aging, visit the website at:

www.coa.caahs.colostate.edu

The website presents a great amount of information on a variety of aging related topics. Click on Resources to access this information and to learn from reliable sources about a topic of interest to you.

PROJECT visibility

Project Visibility is a sensitivity training provided to the aging service community to increase awareness and affirmation of lesbian, gay, bisexual, and transgender (LGBT) elders and their families.

The training was developed by Boulder County Aging Services. The training is available in Larimer County through the sponsorship of the City of Fort Collins and the Larimer County Office on Aging.

**For additional information, or to schedule a training contact:
Katie Stieber at (970) 224-6029 or kstieber@fcgov.com**

Are you eligible for these programs?

Medicare Savings Programs

Larimer County Department of Human Services 498-6300

Qualified Medicare Beneficiary (QMB)

This program pays Medicare Part B Premiums (currently \$96.40 per month) and all Medicare co-insurance and deductibles. Individuals must be eligible for Medicare and have a monthly income less than \$923 and assets less than \$4,000. Couples must have a monthly income less than \$1,235 and assets less than \$6,000.

Special Low Income Beneficiary and Qualified Individual 1 (SLIMB, QI-1)

These programs pay Medicare Part B Premiums (currently \$96.40 per month). Individuals must be eligible for Medicare and have a monthly income less than \$1,239 and assets less than \$4,000. Couples must have a monthly income less than \$1,660 and assets less than \$6,000.

Medicaid for Long Term Care

Home and Community Based Services and Nursing Home Medicaid

Larimer County Department of Human Services 498-6300

Larimer County Options for Long Term Care 498-7780

Medicaid can pay for in-home assistance, assisted living care, or nursing facility care for individuals who meet both state functional and financial requirements. Larimer County Human Services will determine financial eligibility. Case managers from Larimer County Options for Long Term Care will determine functional eligibility based on an assessment.

A person who qualifies:

Has problems in areas such as bathing, hygiene, dressing, mobility, eating, toileting, transferring, or has significant memory problems.

Has an income of less than \$2,022 a month or is willing to put any excess in an income trust.

Has assets of less than \$2,000 not including the home they live in and one automobile. Couples may have up to \$109,560 in assets, not including their home or automobile, for one of them to qualify for services.

Old Age Pension (OAP)

Larimer County Department of Human Services 498-6300

This program is for low-income Colorado residents age 60 and over. OAP provides basic retirement income and health care coverage for individuals who have a monthly income less than \$699 and less than \$2,000 in assets for singles and \$3,000 for couples.

Are you eligible for these programs?

Colorado Property Tax Deferral Program

Larimer County Treasurer 498-7020

This program allows a person who is 65 years of age or older to defer or postpone the payment of their property taxes on their residence. All deferred taxes become due and payable (with interest) upon the death of the taxpayer, when the property is sold, or when the property is no longer owner occupied.

Colorado Property Tax/Rent/Heat Rebate Program

This program provides tax relief for low-income seniors and individuals with disabilities by returning a portion of the property taxes and/or rent and heat expenses. A person may qualify if they are a full-year resident, 65 or older, disabled, or a surviving spouse 58 years of age or older. Individuals must have an annual income of \$12,000 or less and couples must have an annual income of \$15,700 or less.

The maximum refund is \$600 per year for property tax or rent and \$192 for the heat refund. Applications may be obtained at www.taxcolorado.com or by calling (303) 238-7378. Forms and information are also available at Fort Collins Regional Service Center, 1121 W. Prospect Road, Building D, Fort Collins.

Property Tax Work Off Programs

Larimer County Senior Citizens' Property Tax Work-Off Program 498-7759

This program allows people to work off up to \$400 of the Larimer County portion of their property tax bill. In order to qualify, a person must be 60 years of age or older and have a monthly household income at or below \$1,733 (for 1 person) and \$2,333 (for 2 people). Qualified taxpayers are placed in jobs in various Larimer County departments and paid \$7.28 per hour. Applications are only taken at the beginning of February.

Poudre School District/Senior Tax Work-Off Program 490-3208

This program is for people 60 years of age or older who live in the Poudre School District. Participants work in the schools and are paid \$6.00 per hour and can work up to 80 hours for a maximum of \$480.

Thompson R2J School District/Senior Tax Work-Off Program 613-5072

This program is for people who are 61 years of age or older and live within the Thompson School district boundaries. Each individual will be allowed to work in the schools a maximum of 40 hours at minimum wage. Applications are only taken in August.

Larimer County Alliance for Grandfamilies (LCAG)

Supporting Grandparents and Relative Caregivers Raising Children

Support Groups

Available evenings in Fort Collins and Loveland. Childcare and pizza for children provided.

Navigation Support

A Kinship Care System Navigator is available to assist grandfamilies in accessing services and resources.

Navigator services are free, confidential and the Navigator will travel to meet families at their convenience.



Community Awareness

Presentations available for groups regarding the status and needs of grandfamilies.

Education Programs

Twice a year, an eight week educational series, Parenting the Second Time Around, is offered. This is a free class for grandfamilies. Childcare and dinner for the whole family is provided.

Contact Josh Rabe at the Namaqua Center for more information at (970) 622-7311 or email at josh.rabe@larimercenter.org

Family Caregiver Support Program

Provides guidance, support and assistance to individuals who are caring for a loved one 60 years of age or older in the home

- Are you a caregiver who feels overwhelmed with your current caregiving situation?
- Are you someone who is new to caregiving and looking for a place to start?
- Are you a caregiver who needs some time off from your caregiving duties for a few hours or a few days?
- Is there a support group for caregivers close to where you live?
- Are you interested in learning more about respite care options, caregiver training education, and tips on taking care of yourself?

The Family Caregiver Support Program is available to you as a resource to provide help. One of the main goals of this program is to provide information to family caregivers.

To find out more about these services and a list of caregiver support groups, contact the **Caregiver Support Coordinator, Larimer County Office on Aging** by calling 498-7758 or visit www.larimer.org/seniors.

Larimer County Office on Aging

The Office on Aging (the Area Agency on Aging for Larimer County) uses federal Older Americans Act funds in conjunction with state and county funds to develop and implement a comprehensive and coordinated system of services for seniors.

The Office on Aging primarily grants funds to other agencies in Larimer County that provide services to seniors age 60 and over. These services include transportation, nutrition, information and referral, legal assistance, in-home assistance, and funding to operate rural senior centers.

The Office on Aging also provides the following direct services:

ARCH—Adult Resources for Care and Help—a program sponsored by the Larimer County Office on Aging which provides information and referral and short term case management to people who need assistance in accessing long term care services

Community Outreach and Education—provides educational materials to seniors and service providers and collaborates with agencies to improve coordination of services

Family Caregiver Support Program—provides guidance, support, and assistance to family caregivers

Long Term Care Ombudsman Program—advocates for residents of licensed assisted living residences and nursing facilities

Senior Citizens' Property Tax Work-Off Program—allows seniors the opportunity to temporarily work for Larimer County to work off a portion of their property taxes



**Larimer County Office on Aging
2601 Midpoint Drive, Ste. 112
Fort Collins, CO 80525**

www.larimer.org/seniors

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Larimer County Office on Aging

Promoting Independence & Quality of Life



Advocacy

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Assistance

Visit us Online

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- ❖ Caregiver Support Program
- ❖ Long-Term Care Ombudsman Program
- ❖ Senior Housing Listings

www.larimer.org/seniors

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